# Grilled Chicken Skewer Recipes

Make grilled chicken skewer recipes using boneless skinless chicken thigh and the grilled method below. Use metal skewers or soak wooden skewers 30 minutes and protect exposed ends from direct heat.



4 servings

Prep: 15 min
Cook: 14 min
Total: 62 min

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

## Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 2 garlic cloves (6 g), minced
- 1 tsp (2 g) paprika
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 1 bell pepper (150 g), cut into squares
- 1 red onion (150 g), cut into wedges

## Method

1. Cut chicken into 1 1/2-inch pieces. Mix oil, lemon, garlic, paprika, salt and pepper; coat chicken and refrigerate 30 minutes.
2. Thread chicken, pepper and onion onto metal skewers, leaving small gaps.
3. Preheat grill to medium-high. Grill 10-14 minutes, turning regularly, until thickest chicken pieces reach 165°F (74°C).
4. Rest 3 minutes and serve.

## Tips and storage

Use metal skewers or soak wooden skewers 30 minutes and protect exposed ends from direct heat.
Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below; use within 3-4 days. Include any previous storage time of cooked chicken.